

(continued from cover)

the fullest **year round** and taking time to enjoy life would help.

Next, don't feel like you have to impress yourself. I've hunted caribou at 40° below zero with the Cree in N. Quebec; wandered in Old Jerusalem during the Intifada; visited the childhood homes of my parents that were destroyed in the Holocaust; and hitch-hiked cross country at age 19. Sometimes, though, it's nice to just lie around on the beach and soak up the rays. Why not?

Finally, be open to special times unfolding and let go of the need to control them. Things might not happen the way you planned, but maybe what does happen is better. And if it doesn't go well, getting upset only makes it worse. Don't sweat it, there's usually tomorrow or next time. Unless you give yourself a heart attack from all that stress!

How do I know so much about all this? Yesterday was my birthday and I didn't do any of the things I told you to do. I have a little vacation coming up soon, so check with me on how I did with that. Sayonara.

Vital Info:

Address

Whole in the Wall
43 S. Washington Street
Binghamton, NY 13903

Hours

Tuesday through Saturday
11:30 am until 9 pm

Phone

(607) 722 - 0006

Business Office

(607) 722 - 5138

Take-out Orders

Internet

www.tier.net/dining

www.tier.net/stonesoup

www.bayon.net/wholeinthewall

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In this issue ...

Eliot's vacation tips, cool cafe, cha-cha chai, new T-shirts, job opportunities, & more!

The Whole Story

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Quarterly Newsletter

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Suffering from Great Expectations?

Editorial

Eliot Fiks, Owner

Summer is here (yes!) and for those of us who are lucky, vacations are on the horizon. Or are we lucky? Did you know that more divorces, protracted family disputes, fights and general misery occurs during vacations, birthdays, holidays and other special occasions than at any other times? It's true.

I've got a couple of theories on why that is (hey, what did you expect?). First is the gargantuan amount of pressure we put on ourselves to have a good time. You know: we're going to enjoy this even if it kills us. The word vacation comes from the Latin *vacatio* meaning freedom. True: freedom from work, but freedom from expectation? Easier said than done, I know. Most of us are not Zen monks and self-help books only go so far. There's always that dichotomy between that

warm afterglow when you finish the book and the first truckload of crap that hits you like a ton of bricks. Darn it!

That reminds me of a joke: a guy climbs a mountain to ask a guru the meaning of life.

"Prayer, fasting, and abstinence," says the guru.

"Is there anyone else up here I can talk to?," asks the guy.

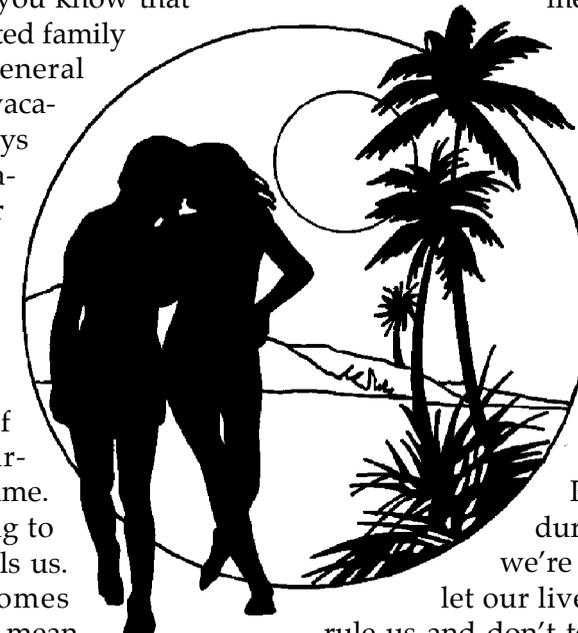
Now if someone could bottle the freedom from expectation, well, lets just say Coke would get a run for their money.

Part of it is that so often during the rest of the year we're asleep at the wheel. We

let our lives and our obligations rule us and don't tend to our own enjoyment more than clicking on the tube or going for a beer.

Half of us are so busy we probably forgot how to have a good time! Living life to the

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Kick back and relax at our cafe

If you've driven by the South Side of Binghamton lately, you couldn't have missed the bright yellow awning that covers our outdoor cafe. It's our humble attempt to bring a slice of sunshine to central New York. And it appears to be working! The weather has been great and folks seem to love catching some rays and sipping our delicious iced tea. Plus you can pull up on your bike and lock it to our cool new bike rack!

Don't you think it's about time you



enjoyed the summer before it slips away? There's plenty of places where you can eat lunch in a cramped, artificially temperature-controlled restaurant.

But why not enjoy the great weather and have lunch outdoors! Our full lunch menu is available and our courteous waitstaff promises to keep your iced tea topped off.

Plus, if you haven't seen our new paint job, you just won't believe it. We are pretty sure that Picasso would have approved.

Some healthy bits of information

Did you take your vitamins today?

Vitamins C and E are shown to be helpful in reducing the risk of heart attack and angina. A recent study at Tufts University shows that these vitamins help maintain the flow of blood after the consumption of fats. Test subjects not taking the vitamins showed noticeable restrictions in blood flow.

Dopamine decline

Do the days seem a lot longer to you lately? Well a study from the University of Virginia shows that people's internal body clocks actually slow down as they age. The reason appears to be that the body starts producing less dopamine when you hit your 20s. Dopamine is the chemical that regulates your body clock.

It's a dog's life

According to a recent episode of the Oprah Winfrey show, owning a dog actually can add years to your life. A study showed that dog owners on average live one year longer than non-dog-owners. Researchers say that taking time each day to walk your dog is a key factor and good exercise.

Why ask Why? Try our Chai

You've probably heard about it, and now is your chance to try this centuries-old beverage which is being promoted as America's newest yuppie drink. The truth is that Chai (pronounced as a single syllable and rhymes with 'tie') is the word for tea in many parts of the world. As you know, tea plays an important role in many cultures. The type of tea that Americans generally refer to when they talk about Chai is a spiced milk tea from India. This is the variety of Chai that we are proud to offer at the *Whole in the Wall*.

So come on down and order yourself a cup of steaming hot or ice cold Chai. And find out what other parts of the world have known for centuries: Chai tastes great! It tastes especially good when accompanied by a delicious *Whole in the Wall* dessert.

Positions in paradise

There are several positions available at the *Whole in the Wall* Restaurant. OK, maybe it's not paradise ... but it's certainly better than slaving in corporate hell. You get to work with friendly people, feast on the best food in town, and be part of a progressive restaurant partnership. We currently have the following openings:

- Cook's Apprentice: full time hours with 1 year commitment. 6 week paid training program provided.
- Waitstaff: full time and part time hours available.
- Dishwasher: part time hours available now with potential for full time hours.
- Pesto Production Crew: part time hours; Sundays only.
- Musician: Saturdays only; 6pm-9pm; peaceful piano, violin, guitar, etc to accompany dinner; nominal pay w/ meal & tips. Send tape or talk to Eliot about auditions.

If interested, stop by the restaurant and fill out an application. With look forward to welcoming you aboard!

Fast Facts

Red sauce to go

Your requests have been answered. Our homemade red sauce is now available in our packaged-to-go pantry. Our red sauce + your pasta = an elegant dinner at home.

Psychedelic software

Let your freak flag fly with our funky, cool *Whole in the Wall* tie-dye t-shirts! Only \$15.95. Plus we still have a rainbow of solid colors (\$9.95) New stock has arrived, come check them out.

Fine wines & beer

Did you know that you can bring your favorite bottle of wine or beer to the *Whole in the Wall*? Yep, you're sure to get exactly what you want when you bring it yourself. We'll be happy to provide the cork screw, ice bucket, and wine glasses.

How about free rent?

We are looking for a tenant to renovate the upstairs of our building in exchange for a period of free rent. The place is in rough shape, but an ambitious entrepreneur could easily turn it into a prime business location. Where else are you going to find an offer of free rent? Interested parties should call: 722-0006 (Eliot)

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